

# THE HARDCORE TRUTH

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AN EX-PORN PRODUCER REVEALS  
10 MYTHS ABOUT PORNOGRAPHY

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MATT FRADD  
DONNY PAULING

## ABOUT THE AUTHORS



### MATT FRADD

Matt Fradd works for Covenant Eyes, and is the author of the new book *Delivered: True Stories of Men and Women who Turned from Porn to Purity*. He is also the founder of The Porn Effect ([www.theporneffect.com](http://www.theporneffect.com)), a site dedicated to exposing the reality behind the fantasy of porn and offering help to those seeking freedom from it. Matt lives with his wife and children in Georgia.




### DONNY PAULING

Donny Pauling was a porn producer for 9 years, working with *Playboy* and other top companies. But after meeting a Christian ministry and having a God-encounter of his own, Donny walked away from porn for good. Now a Christian speaker, Donny shares his story and the truth about the dangers of porn to churches and universities around the country. Donny was confirmed into the Catholic Church on Easter Vigil, 2014.



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# INTRODUCTION:

## HOW TO SELL A LIE

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Years ago I remember watching the movie *The Truman Show*. In the film Jim Carrey plays a man who has literally grown up, since birth, in a TV studio that looks like a small city. He thinks the world he lives in is just his normal life. In reality, everyone he knows is an actor or actress—even his wife and parents. Everyone has been deliberately planted into his world to provide his life with a cast of characters. Hidden cameras are everywhere, giving millions of daily viewers an up-close-and-personal look into the life of Truman Burbank.

Throughout the film Truman starts to realize odd things about his world, which eventually leads him to discover the truth about his “reality.” Since he was born, the cast of his life used every means possible to crush his curiosities about the world beyond his little town, but in the end, something in Truman wakes up, and he stops at nothing until he has broken out of the prison of his fake world.

Today, we live in a world that had fed us lies about sex and sexuality. For many of us, these lies have become like the air we breathe: we don’t even bother to question them. This is the “reality” in which pornography thrives. To use the words of Pamela Paul, our culture has become “pornified.”

## BIG BUSINESS TO SELL A BIG LIE

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Porn is no longer a marginal, back-alley business. Online pornography alone is a three-billion-dollar business.<sup>1</sup> It is a sophisticated operation, run like any Fortune 500 company. Pornography has always followed right on the heels of new technology, and in the last generation it has been the driving force behind new technologies. Streaming audio and video, flash, the pop-up window, high-speed Internet connections, and security improvements for a la cart pay services—investments from the world of porn made these technologies possible.

Ultimately, porn is wrong not because it shows us too much, but because it shows us

too little of the human person. Real sex cannot be packaged and sold through pixels on a screen. Porn turns sex into a commodity. Porn reduces the mystery and beauty of a man or a woman to a collection of body parts to be used rather than recognizing them as persons to be loved. It reduces the great mystery and sanctity of human sexuality to a trivial activity.

Pornography sells lies—cleverly scripted and cunningly edited lies. As the Catechism of the Catholic Church states, porn “immerses all who are involved in the illusion of a fantasy world.” But thanks be to God, there are some who, like Truman, are waking up thirsting for reality.

As a culture, many people believe myths about pornography.

💬 “Porn can enhance a person’s sex life.”

💬 “Porn is morally neutral. It isn’t bad in and of itself. It’s only bad if you use it the wrong way.”

💬 “Porn helps to liberate women and give them power.”

💬 “Porn is just adult entertainment—consenting adults watching other consenting adults have sex.”

To expose those lies and many others, I wanted to go “behind the curtain,” as it were. I wanted to speak to the men and women who’ve been involved in the making of porn. I wanted to find out why they got into the industry—and why they left.

## BEHIND THE CURTAIN

To help me expose these myths, I interviewed former porn producer Donny Pauling. This book contains a transcript of this conversation.

Donny produced porn for about nine years. He worked for Playboy and had some of his ladies’ pictures in *Hustler* and *Penthouse* magazines. Donny’s company produced more than a million pornographic photos and hundreds of videos. Donny has since become a Christian and speaks internationally about the world of pornography. He has gone head-to-head with famous porn producer Ron Jeremy in a debate at Yale University and has spoken at numerous colleges and churches all over the world.

Donny’s story is eye-opening. He peels back the curtain and allow us an inside look at what makes pornography so hideous.

# 10 MYTHS ABOUT PORNOGRAPHY

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**MATT:** I know your story is a long one, and we will probably get into it during the course of this conversation. But you left the industry. What was the breaking point or what was it that made you get out?

**DONNY:** You know, I was really motivated by hatred towards God and towards Christianity, and a missionary group came into the pornography conventions that we had every year in Las Vegas, and over the course of 4 years really broke down my hatred. And once that hatred was gone, I couldn't justify what I was doing anymore, and I had to finally cry out to God.

**MATT:** It's interesting. I remember you mentioning to me that *Playboy* made you a certain offer the day you decided to quit. What was that about?

**DONNY:** Yeah, on the day I got out of porn, *Playboy* offered me an additional \$4000.00 a day to shoot a new lesbian reality series for them. And it was a day when I had to decide, "Am I going to get even deeper than I already am into this or am I going to leave?"

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“A PORNOGRAPHIC FILM IS MADE EVERY 39 MINUTES IN THE U.S.”

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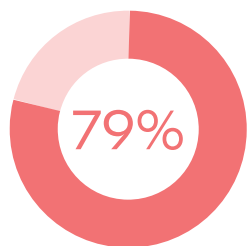
And over the course of the previous 4 years, as I said, this hatred of God was breaking down, and I had even began talking to God again. I had to make a decision that day. I felt his presence very powerfully in the car after I prayed, and I just had to get out. I just lost all desire to produce on that day. On that drive back to my house from their offices—it's about a two-and-a-half hour drive—I really felt him touch me. I really felt his

presence and his touch, and once I felt that, I just couldn't do it anymore. I just couldn't pick up a camera again after that day.

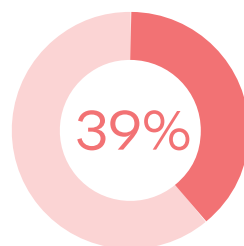
MYTH #1:

## PORN IS MORALLY NEUTRAL

**MATT:** Let's begin going through the list of these myths that I think many of us may believe and certainly I imagine the porn industry wants us to believe. The first is that pornography is morally neutral. Someone might make the argument, "Look, pornography is like a gun. A gun is morally neutral, but place in the hands of someone who is irresponsible, it might become dangerous." I think when we are confronted with this objection, it's important that we distinguish between what I like to call the motivational and consequential reasons pornography is wrong, and the foundational reasons pornography is wrong. Let me tell you what I mean. A motivational reason why people often say pornography is wrong is, "Look, a lot of women in the industry may have been abused as little children." What's a consequential reason? The consequences of pornography: "It's addictive," or "A lot of the women in the industry are addicted to drugs and drink," or "It contributes to a lot of divorce."



79% of porn actresses use marijuana.<sup>3</sup>



39% of porn actresses use hallucinogens.<sup>4</sup>

I think what's important that we distinguish is pornography isn't essentially wrong because of those reasons. I would say the foundational reason pornography is wrong is that it removes the sexuality from its natural context. It removes sexuality from outside of the intimacy of the partners and turns it into a commodity, something to be bought and sold.

**DONNY:** Well absolutely, and in 1 Corinthians, Paul writes about this and he says there is more to sex than just skin on skin. He calls sex just as much as a spiritual mystery as a physical fact. It's the two becoming one. He says, since you want to become

spiritually one with the Master, we have to not pursue the kind of sex that avoids commitment and intimacy that leaves us more lonely than ever, the kind of sex that can never become one. And he even says sexual sins are different from all others—in sex we violate the sacredness of our own bodies.

What some people miss out on is that even if we are bonding with an image or video on a computer screen, we are still mystically bonding with this person. It's a spiritual act. That's why pornography is wrong: not because of the things that happen to people, like you were saying, but because of the fact that it just goes contrary to what God intended sex to be.

MYTH #2:

## PORN IS GLAMOROUS

**MATT:** There is a second myth, and I'm interested to hear what you have to say about this: pornography is glamorous. Is this something you've thought about much before you decided to get into the industry? When you got into the industry, if you did have that preconceived idea, did your experience confirm or annihilate that idea?

**DONNY:** When I first got into the business, I already liked looking at porn. I did so behind my wife's back, you know, when she was sleeping or when she was at work. I thought that there would be nothing better than to get into the business, but I quickly learned that it's not what it's cracked up to be.

People ask me now, "Are you attracted to porn?" and I say, "What's attractive about a girl curled up in a corner in a ball, sucking her thumb in a fetal position because her mind is so blown by what she just went through?"

**MATT:** This is the stuff you would see while on set?

**DONNY:** Absolutely, you see things like this. You see girls break down crying. I would have a camera focused on a girl, and there would be tears coming out of her eyes

**MATT:** What would happen in that situation? I suppose you would have to re-apply the makeup?

**DONNY:** Yeah, we would just have to stop for a while and let her collect herself. And it depended on my attitude that day. Sometimes I'm not in the mood for this. "Come on, knock this off. We have work to do here." People believe the myth that it's glamorous and it's just not. You don't hear about all the things that happen in the lives of these girls and how they break down—and even the guys in the business. They hide it a little bit better, but it's definitely not a glamorous thing.

MYTH #3:

### PORN LIBERATES WOMEN

**MATT:** That leads on to a third myth, which is that porn liberates women. In your experience with the girls you worked with, how was that the case or not the case?

**DONNY:** I used to use that line, and I would tell people, "This is something that you have control over. Why should moral rules that were put in place by old religious white men run your life?"

**MATT:** This is what you would say to the women you would want to shoot, correct?

**DONNY:** Right. I would say, "Break free of that. It's these old religious white men that made up these rules saying that you can't do this." It would be very effective.

A lot of these people, their lives are affected: you can't get a normal job afterward, and if you are in a work environment and someone finds out about what you used to do, they make your life miserable. You're going to lose your job. One girl I know lost her job at Hewlett-Packard because it violated their morality clause. And another girl who just did soft-core photo images of herself nude with me was kicked out of the police academy half way through it. Is she being liberated? She is being liberated from her job opportunity, that's for sure.

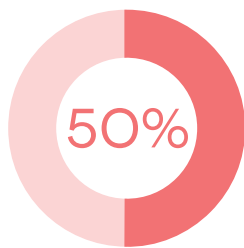
**MATT:** You were talking about using strategies to get people into the industry. I would be interested to hear more of how you did that.

**DONNY:** You basically say to them, "This is liberating. Why would you want to go work for Starbucks for \$7.00 an hour when you could work for me?" Yeah, a girl could work

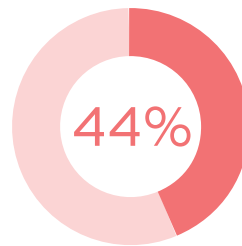
for Starbucks and make minimum wage and bring home a couple hundred dollars every two weeks or she can work with me and make \$500.00 a day to start. I'd have them come over to my house. They'd see the lifestyle I lived and they would paint themselves into it.

**MATT:** Did you sense “liberation” taking place in these women? Did they feel freer? Unhindered? More joyful? Happier?

**DONNY:** No. You watch the lights go out in their eyes over time—literally. They come in all bright eyed and sparkly and thinking that this is going to be a great opportunity, and then you really watch their souls dim. That's the best way of describing it. The lights just turn off.



**50%** of porn actresses use ecstasy.<sup>5</sup>



**44%** of porn actresses use cocaine.<sup>6</sup>

**MATT:** And I imagine once they've justified that this is something that is ok to do, once they've done it—is it difficult to get out? I mean, you're now “damaged goods”—not that I would see them that way, but I imagine women might think of themselves that way.

**DONNY:** You know, a lot of people see them that way. They really do.

I have one girl who wrote to me. I'll just read her letter. She says,

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“Hey there, I haven't talked to you in a long time. I'm hoping that what I am reading is true.” She is talking about me getting out of the business. “Good for you. I've wanted to talk to you for a few years now, but I haven't had the guts. Life's been kind of hard since I took those pictures for you seven to

eight years back. I had to drop out of a class because the instructor was giving me his opinion about the photos that he just happened to stumble upon. The love of my life broke up with me because of the pics. He got back together with me, but will never marry me. I've had people I work with get together behind closed doors and share those pictures with each other, and I had to quit. People recognize me when I'm out about town. I've lost my sense of security."

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Does that sound liberating? Sounds like the opposite.

**MATT:** I read some interesting research. Psychologists from Middlesex University and the University of Surrey in Great Britain did a study and found out that when presented with descriptions of women taken from magazines that they have in Great Britain—similar to *Maxim* and that type of trash—coupled with comments from convicted rapists, the vast majority of the men simply couldn't distinguish who was making the comment. Even something as apparently "harmless" as *Maxim* influences our opinions of women in a negative way, and this certainly isn't liberating.

**DONNY:** There is a girl I recruited when she was 18—a beautiful girl. I knew that she would make a lot of money. She did make a lot of money. She became successful. We shared the profits with her on the website that we made. When she would be out at parties, guys assumed that she was a "porn star" even though, at that time, she had actually not even engaged in anything sexual with another person. She was just posing nude alone and just doing videos alone. They assumed that since she was a porn star, they could take whatever they wanted from her, and she now has a child whom she will never know who the father is. She was passed out at a party one time, and they just took what they wanted.

This happened over and over again to different girls—not necessarily being raped like that, but guys just assuming when they walk up to them at a bar that this girl must be easy and willing to give whatever I want.

MYTH #4:

## **PORN STARS LOVE THE SEX**

**MATT:** That really goes into this next myth, which is that porn stars are simply nymphomaniacs. Before I get your thoughts on that, I'd like to quote an ex-porn star

Shelly Lubben, who said the following:

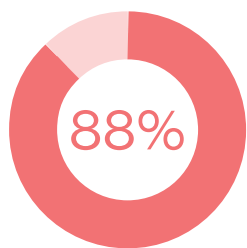
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Sex-packed porn films featuring freshly dyed blonds whose provocative eyes say, 'I want you,' is quite possibly one of the greatest deceptions of all times. Trust me, I know. I did it all the time, and I did it for the lust of power and the love of money. I never liked sex and I never wanted sex, and in fact I was more apt to spend more time with Jack Daniels than some of the studs I was paid to fake it with. That's right. None of us freshly dyed blonds like porn. In fact, we hate it. We hate being touched by strangers who care nothing about us. Some women hate it so much you can hear them vomiting in the bathroom between scenes. Others can be found outside smoking an endless chain of Marlboro Lights. But the porn industry likes you to think we porn actresses love sex. They want you to think we enjoy being degraded by all kinds of repulsive acts.

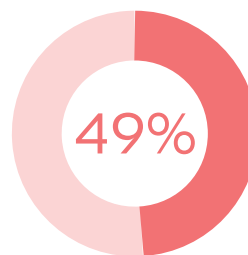
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She makes a good point. If a woman were to get up and speak plainly, saying, "Of course, I don't enjoy this," that would ruin not only her career, but the amount of paychecks that would come in from her films. People don't want to hear that.

**DONNY:** Absolutely, because you know what ends up happening over and over and over again? These girls ended up hating men because they get used to that lustful look that a guy gets in their eye, and it becomes a negative to them, something that they absolutely despise.



**88%** of scenes in the top-selling porn films contain acts of physical aggression (principally spanking, gagging, slapping, etc.).<sup>7</sup>



**49%** of scenes in the top-selling porn films contain acts of verbal aggression (primarily name-calling).<sup>8</sup>

Even when you're filming it on the screen, the girl is screaming in pleasure when sometimes she'd rather be screaming in pain, because she knows if she does not get this scene right, she is going to have to come back tomorrow. You don't get paid until the scene is complete.

They become more and more treated as a commodity, a piece of meat, and that's not the way a woman is wired.

**MATT:** I asked a friend of mine who was in the industry, "Are the women in the industry just raging nymphomaniacs?" And she said this, "There are several reasons why girls get into the porn industry, but a hardcore sex drive isn't one of them."

MYTH #5:

## **WATCHING PORN IS HEALTHY, ADULT ENTERTAINMENT**

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**MATT:** You were talking about men and the lustful look in their eyes, which brings us to our fifth myth: that porn is healthy; it's adult behavior; it's somehow gentlemen-like entertainment.

**DONNY:** I think that that's just an excuse that people give themselves to justify giving in to animal instincts, because really, real man will actually be able to fight against these. I had a young man come up to me when I was speaking at a church, and he was in high school. He had "been around." He said, "These girls, they just throw themselves at me, and they give me themselves all the time. How am I going to say no to this? I mean, porn is the same way." I could tell that he was very masculine. I said, "Let me ask you this: if you had a woman in your life right now, would you fight for her?" And he sticks his chest out and says, "Of course I would." I say, "What if two years from now, you meet the woman of your dreams, and you can say, 'I've been fighting the battle of my life for you, and I didn't even know you yet.'" He asks, "What are you talking about?" I was like, "Say no to these women that are throwing themselves at you. Be willing to fight for her even when she is not willing to fight for herself. That's what a man does. These women that are throwing themselves at you are putting themselves on a screen—in this case, with porn—they are not fighting for themselves. What is gentlemanly about giving in and just using them?"

**MATT:** Yeah, it's very true. I think there is something very un-masculine about pornography use. These large neon signs that scream "Adult" or "Gentlemen": I think it's the height of defensive advertising and I think if we want to know what is it to be a man, then we just need to look to no other place than what Christ had to say in Luke 22:19: "My body given up for you." We just know this is masculine. You think about the movies we love, and it usually always involves a man sacrificing himself for the good of

his beloved, the good of his country. But what porn does, it seems to flip it on its head. Instead of saying, "This is my body given up for you," we now say, "This is your body taken by me."

I think it's quite clear from the porn stores that we see when driving on the highway or perhaps driving through town. There's a reason that these stores offer a back entrance and cover up the windows. It's not because their clientele are misunderstood revolutionaries plotting the demise of a sexually repressed society. I think it's because they know that what they're doing is actually shameful and they don't want their co-workers or people passing by knowing what it is they're doing in there. There's nothing gentlemanly about a man paying a woman money so that she will pretend to like him.

**DONNY:** Every man needs to fight a battle, and what bigger battle is there than to fight our own impulses that we want to give into like animals. What separates men from animals is the fact that I can choose to say no—I can choose to fight for the woman who might already be in my life, or if I don't have one in my life, I could choose to fight to keep myself pure for one down the road who will be in my life. I can someday look at her in the eyes and say, "I have been fighting a very hard battle for you, and I have won it."

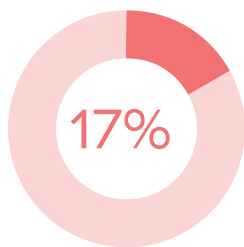
**MATT:** What if we were to contrast the virtues—which is a word that's gone out of fashion these days—virtues that are within a man who tries not to look at pornography, versus a man who just gives in to his temptations. A man who is struggling valiantly to not objectify women, even if he was tempted to it—what kind of virtues would that build up in the person? It seems to me that it would take self-mastery and bravery—virtues that would go to establish the foundation of a strong marriage. If I go into a marriage and I have, as you were saying, resisted the temptation to look at pornography, to sleep around, then I have trained myself in faithfulness to my wife.

**DONNY:** Absolutely. If I am walking through a mall and a girl is wearing a little too little, and I see something that I might find appealing, I want to bounce my eyes up to her face, her countenance, and say, "Not mine." She is intended for someone else. She is not mine. She is God's little girl. She is someone else's little girl. She is not intended for me.

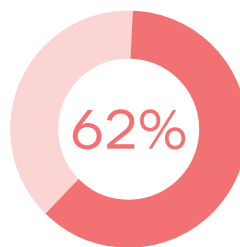
**MATT:** Speak a little bit about that. How did you justify filming these girls who were somebody's daughter?

**DONNY:** I was very filled with hatred and bitterness towards religion and the church. I grew up a pastor's son, and I saw a lot of hypocrisy, and so I kept on telling myself that somehow my hatred justified what I was doing. These girls were adults, making adult decisions. They signed model releases and were aware of what was going to happen to them. But it was all BS, to be quite blunt, because I knew better. I still have the responsibility as a man to treat God's daughters like they're God's daughters. You know, I would not ever abuse a friend's daughter, and especially not in front of him, but we think it's ok to abuse God's daughters.

**MATT:** Two years ago I interviewed a girl after I got news that she was stripping. I asked her this question: "What's it like stripping in front of strangers who care nothing for you?" And this is what she said: "It makes me feel sick. A lot of the time I try to imagine that they are not there. I hate having to look into their eyes, because I hate them all. I always have thoughts like, 'I hate you so much, please die,' while I'm kneeling in front of them smiling, staring into their eyes." There is certainly nothing masculine about looking at pornography and nothing adult.



Only **17%** of performers use condoms in heterosexual adult films.<sup>9</sup>



**62%** of female performers have done anal sex.<sup>10</sup>

## MYTH #6:

### PORN ENHANCES SEXUAL INTIMACY

Let's go to the sixth myth: that pornography enhances sexual intimacy and sexual satisfaction within marriage. What are your thoughts on that?

**DONNY:** I'll start with a personal story. I married a girl who lived her faith and was a virgin when we got married after dating for four years. Eventually I started thinking our sex life was boring after I started looking at porn and seeing what people were doing on screen. I wanted what I was seeing on the computer screen and in the videos I watched. When I finally came clean with my ex-wife about producing pornography behind her back—which I did for three years, by the way—we divorced after that.

**MATT:** How did she find out?

**DONNY:** I finally came clean with her, because I had cheated on her once, and I told myself if I ever did that again, I'd come clean and so the second time I did it I did come clean with her. I didn't even get to the cheating part. She heard about the porn production and that was it.

So as soon as we split—before we even divorced—I found a new girlfriend and she was raised in what I call the “porn generation”—this generation that grows up thinking that what they see on these websites is what sex is. So she was willing to do anything I wanted, and it was fantastic for about two or three months.

And then that got incredibly old and very unfulfilling, and I started trying to explain intimacy with her. I started sounding like my ex-wife, and she had no idea what I was talking about.

Sometimes my clients would allow me to script movies, and sometimes I would be involved in them personally, and when I was, I would try to write scripts that imitated what I used to have with my ex-wife—this pure intimacy. I would try to recreate that, because it was this burning desire inside me.

That's what porn does. It takes away that intimacy and it replaces it with something that might seem exciting for a short period of time, but then it goes away.

My own little brother worked pouring concrete in the hot sun. I asked him to quit that job so he could work with me. He quit after two weeks to go back to pouring concrete because he said it would kill his sex life. My best friend said the same thing. He kept begging to come on a porn shoot with me, and when he came on the first one he said, “You're right; that would kill my sex life if I had to see that all the time.”

**MATT:** I like to say that pornography doesn't complement sexual intimacy; it competes with it. I found out at the 2003 meeting of the American Academy of Matrimonial Lawyers, they revealed that 58% of their divorces were in some way influenced by a spouse looking at excessive amounts of pornography online.<sup>11</sup> So pornography certainly doesn't enhance intimacy in marriage. It's its enemy. It's a counterfeit. It offers a warped sense of intimacy.

**DONNY:** A lot of times people who look at porn keep going down this road over and

over again where they need more and more to get the same stimulation. I've seen that so many times. And even in my own career, things that, at the very beginning of my career, seemed repulsive to me by the end were not.

**MATT:** I read a terrific article by a neurosurgeon in San Antonio about how addiction occurs.<sup>12</sup> When we think of addiction, we usually think of methamphetamines and cocaine, but he talks about “natural addiction.” While pornography isn’t a drug so to speak, it does elicit neurotransmitters or brain drugs. Then the brain becomes addicted to them.

When the pleasure pathways are used compulsively, a downgrading occurs. A neurotransmitter called dopamine incentivizes us to do anything for our survival—eat a hamburger, win a game, etc. These cells actually atrophy. They begin to shrink and the pleasure centers in our brain become starved for dopamine. Just like what you’re saying—they had to look for more pornography and harder forms of pornography just to get the same high.

**DONNY:** Absolutely. It doesn’t seem like a thing you want to be doing within marriage or anywhere. Some men eventually cannot become aroused by their wife.

**MATT:** Yes, I was just reading this article in *Psychology Today*—anything but a Christian magazine—and they were talking about the growing epidemic of erectile dysfunction among college students. In my own life—to be a hundred percent honest—being involved in this business made natural performance much more difficult. It takes away the ability for a normal person to arouse you in the normal way that we’re supposed to be aroused.

MYTH #7:

## **PORN STARS ARE WELL-ROUNDED WOMEN**

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**MATT:** You were talking about this woman that you went to be with after your wife. I think that leads us into the myth that porn stars are just well rounded women.

I found some incredible statistics. Ian Gittler was interviewed for *Rolling Stone* in an article entitled “Porn Star: A Diary of Six Years in the Life.” He chronicled the lives of several big-name porn stars, and said this, “The puzzling refrain I’d begun hearing from

porn outsiders was, 'There are plenty of people with histories of sexual abuse who didn't grow up to be porn stars.' That's missing the point. The ones who did become sex workers were abused; all of them."

I would disagree to some extent. I guess there is no way we can tell if the majority of women who do porn have been abused as little girls. It seems to make sense though, and this isn't just among Gonzo, B-grade porn actors.

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“TEEN” IS THE MOST COMMON FEMALE ROLE APPEARING IN FILM TITLES.<sup>13</sup>

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**DONNY:** You know there were definitely girls that had been victims of abuse, but I want to point something out. In this day and age, it doesn't take abuse to make a girl willing to shoot porn. I recruited a lot of girls who had not been abused in any way possible: they just grew up in this porn generation that says this is ok. Brittany Spears goes out without underwear on and we hear about it on the national news. Paris Hilton makes a sex tape and she becomes a celebrity because of it. The Kardashians make a sex tape and become celebrities because of it. It's not just people who were abused anymore.

I recruited pastor's daughters. I recruited girls who had grown up in church. These are your daughters. They come to college expecting to get an education, and someone like me meets them and tempts them with money, and since they have been told by our culture that it's ok to act this way, a lot of them will give in. Then I start them down this path that might start with really soft-core photos where they pose by themselves, getting them addicted to money. Eventually they're shooting hardcore porn.

MYTH #8:

**PORN IS SAFE FOR THE ACTORS TO MAKE**

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**MATT:** The toll this must take on you psychologically must be a big deal. Let's move on to a new myth: that there is no serious health risks involved with pornography.

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“66% OF PORN ACTORS AND ACTRESSES HAVE HERPES.”<sup>14</sup>

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**DONNY:** I mentioned earlier how I watched the lights go out in the eyes of some of these girls. It happened over and over and over again. There was never one of the more than 500 I recruited into the business that called me up and said thank you for getting me involved in pornography. But girl after girl after girl called begging, asking for her content to be removed off the Internet.

Not only are there the psychological effects, but 66% of porn stars have herpes eventually. Many have genital warts—I'm sorry for talking so casually about it, but it was a reality.

**MATT:** It's like what Shelley Lubben said: if you are watching pornography, just know that you're watching mentally ill and physically diseased people having sex. So there is nothing glamorous about this. I imagine the emotional toll that it takes on the person. What is it like: the drugs and drinking. Is it very prevalent in the industry with the performers or not?

**DONNY:** A lot of these girls are not broken people when they begin, but they do become broken over time turn to drugs and alcohol. Let me read you an e-mail I got from a girl. All she did was soft-core photos, posing nude for photos, kind of like *Hustler* or *Penthouse* style, and she writes this:

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Hey Donny, I have a huge problem. I'm getting married in a month and my fiancé found my pictures on the Internet. He is beside himself. He is hurt and shocked, and being that we are supposed to tie the knot in less than a month, I'm frickin' suicidal, frickin' sick over this. Throwing up. Cannot sleep at all. I never thought in a million years that would ever happen. How long do these pictures circulate? I am seriously pissed.

I know I did those pics, and yes it was my fault, but I want to get them off the Internet. Is there any way possible to do that ASAP? I will pay you the money back. Whatever it takes. This will and is ruining my life. I am fearful that his friends will see and torture him about it, or the people that I work with in the military—they are all men.

I'm absolutely sick over this, and I can't eat or sleep, and I honestly don't know what to do. I never thought this would happen. I mean there are a million girls on the frickin' Internet. Why me?

And because you're supposed to be a changed man and into God and everything, please, I need to know that you understand my situation and find it in your heart to help me. This is destroying me.

I know I am 100% responsible for taking the pictures. It's my fault, but it was a long time ago, and I was single and I needed the money. But isn't there anything you can do to help me now? This was like two or three years ago. Why are my pics still on the damn Internet? My military career and soon-to-be-marriage—if he still will—is riding on this.

Don't my pictures expire after a certain time and you just put new ones up? Or you sell new ones to companies to flush out old girls?

I think you can read the desperation in this e-mail. I am completely desperate at this time, Donny, and I need your help. Can you help me? Please I need everything removed. What can we do? I'll pay you money. Anything. Please, say you can help me, please.

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**MATT:** Were you still producing when you received this e-mail?

**DONNY:** No, it was almost a year after I got out.

**MATT:** This must break your heart reading an e-mail like that.

**DONNY:** Because there's nothing I can do for her.

**MATT:** You can't go back onto your sites and remove the pictures?

**DONNY:** I didn't own the sites anymore. You know, I sold them a year before I got out of the business because *Playboy* was taking up so much of my time. But even the companies that I produced for—they're not going to take the stuff down, because if they responded to every e-mail that is similar to this, they would have nothing left to sell. Long after these girls have spent the money they are paid, that content exists. When she is a grandmother that content is going to be out there somewhere for her grandkids to find.

It's easy to hate a guy like me who produced this stuff, but the law of supply and demand tells us that if I didn't have someone to sell it to, I couldn't have made the money. So any of us who are in this cycle contributed to this sort of thing.

MYTH #9:

## LOOKING AT FREE PORN DOESN'T SUPPORT THE INDUSTRY

**MATT:** That leads nicely to our ninth myth: that by looking at free sites, a person isn't supporting the industry. They're saying, "Look, I'm not supporting this thing. Maybe I don't agree with it. I just go to free sites." Is there such a thing as free pornography?

**DONNY:** You know that is a huge myth. Google is free to us users, but they are one of the most profitable companies on the planet. Every one of those free sites is making money somehow. They're not just guys that think the world needs a little more porn, guys doing their civic duty, you know. They're making money somehow, usually with advertising.

I know of sites that make up to \$2,000 a day per ad they sell—that's whether the ads get clicked on or not. They get so much traffic they are able to sell advertising spots. Any of us who are consuming in any way are contributing to the cycle. Even if you are getting your porn through a file-sharing site, the porn companies seed them all.

And a lot of that content that you think is "user generated" is not. There are people who order it. Ex-girlfriend content for example: "I want you to produce something for me that looks like an ex getting back at his girlfriend." If there is a way to make money, there is going to be someone doing it.

MYTH #10:

## PORN IS JUST FANTASY

**MATT:** Well, let's go to the tenth myth: that porn is just fantasy.

**DONNY:** I spoke at Yale in a debate with Ron Jeremy and afterward a kid said to me, "This is just fantasy." I asked him, "Do you have a girlfriend?" He said, "Yeah." I said,

“Do you mind if I take her after this session and have three other guys have their way with her and sell it to everybody out here.” And he said, “Absolutely not.” I asked, “Why not, if it’s just a fantasy?”

Guys, if you’re married, it’s not just a fantasy; it’s cheating on your wife.

**MATT:** Yes. Did your wife ever talk to you about how she felt when you looked at pornography or when you produced pornography?

**DONNY:** I’ll tell you what. Instead of just answering that question directly, I’ll read an e-mail from her. I travel all over the country now and speak. I’m used to the porn stars and their reaction. I’m used to men who struggle with it. What I didn’t understand was when women came up crying and said that this has ripped apart my marriage. I didn’t know how to respond to that.

I had become friends again with my ex-wife, so I forwarded to her the e-mail of a woman who had come to hear me speak and asked her, “What do I say to her?” Here is what she wrote in response. She makes some very good points.

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Donny, you don’t understand. It hurts so much just to read this letter, and all I feel like I could tell this woman is to say run, run, run. Run away. Far away. It’s adultery in the most painful form. It’s ongoing because it’s not a “real affair.” While he is having this continual affair, you’re trying to work through it. How is that fair? Tell me, how is that ok? How can I try to give women tools to work through this? How can I try to tell them to rebuild something with someone who is not doing their part? It is so one-sided.

All I would want to tell these women is to leave, and that isn’t right. God needs to deal with each situation on an individual basis and they need to hear from him what they’re doing and what they’re supposed to do, but how can their marriage survive? To me, it can’t. If he doesn’t quit, it will tear them apart. Why should this just be her burden? That’s what I wonder.

The very thing he is stabbing her heart with, the very thing tearing their family apart, is the very thing she is supposed to help him through as “Christians”? Is that what we are supposed to do? Stand by his side and be some faithful warrior on his behalf, when he is so selfish, he would sacrifice his wife and children for photographs and fantasy? I truly don’t even know. I don’t get it. I just don’t get it.

Her statements, where she said, “my husband’s addiction is stripping away all that I am,” and where she goes on to say it seems like wives are a lost casualty in this war—those kill me, because I know.

For me, divorcing you and getting out of all that was freedom. I didn’t have to continue to be torn apart. I could get strong and rebuild my life. When you’re in it, your heart is ripped to shreds over and over and over again.

I don’t know how to counsel someone who is going through that. I am angry. I have no understanding for this level of selfishness. Who knows, maybe if wives left their husbands, men would see reality. The reality of the fact is that it is an affair and their wives should not have to put up with the abuse, just like they wouldn’t have to put up with them if he was physically abusing them. How is it different? Emotional wounds hurt more than physical wounds.

Let him have his porn, because it’s obviously what he wants, and he can’t have both. I don’t have the answer at this point. Read in the Old Testament when Israel was unfaithful to God and see if you get any insight.

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**MATT:** I like that within her e-mail you can see that she is making a distinction. She’s saying, “Why should she stick around while he is not doing his part?” I think the distinction does need to be made between the husband that’s just full-blown addicted and making all the excuses for it and doesn’t care one way or the other what she thinks—between that and a man who might be looking at this stuff but is doing everything in his power to break free, and he is proving his love to his wife.

**DONNY:** Absolutely, and you know like Wendy said in her letter, that’s why she is saying she doesn’t want to counsel women, because she says, “This is my pain, and God needs to deal with every individual situation differently.” When a man is dealing with his issues, absolutely stand beside him. I think that is what God would call us to. Obviously, I can’t speak for every situation.

**MATT:** This myth we were talking about, that porn is just fantasy, is connected to the myth that it doesn’t influence the way people behave. I came across an interesting

study. It was a study done in the Oklahoma City area where 150 sexually oriented businesses were closed—noticed I didn’t call them “adult” bookstores; there is nothing adult about it. When 150 sexually oriented businesses were closed, the rate of rape in the Oklahoma City area decreased 27% in five years, while the rate in the rest of the country increased 19%. In Phoenix, Arizona, neighborhoods with porn outlets had 500% more sex offenses than neighborhoods without them. This isn’t a study done by The Christian Prude Moms Foundation: this is the US Justice Department.

Neither you nor I are saying that anyone who looks at pornography is just going to go out and rape someone, but the fact is it affects the way we view sexuality and women. If the argument is, “Images coupled with messages don’t have the power to influence peoples’ behavior,” how do you explain the multi-billion dollar industry known as advertising? Porn is not just fantasy; it spills over into reality.

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“1 IN 8 SEARCHES ONLINE IS FOR EROTIC CONTENT.”<sup>14</sup>

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**DONNY:** In the US alone, the amount of money generated by porn every year exceeds the combined revenue of the NFL, the NBA, and major league baseball combined. It’s more than just fantasy. When you are getting involved at that sort of level, there is something wrong.

It’s not just some sort of harmless entertainment.

# IN CLOSING:

## A LETTER FROM MATT FRADD

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Now that we've exposed some of the most common myths concerning pornography, where do we go from here? How do we protect ourselves from pornography and its lies and bring about change in those around us?

### 1. EDUCATE YOURSELF

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I'm convinced that if people truly knew how damaging pornography is, they would be far more motivated to be free of it themselves and help others be free as well. This e-book has hopefully shed light on some truths you didn't previously know. To learn more, let me suggest three additional free e-books, all of which can be found at [www.covenanteyes.com/ebooks](http://www.covenanteyes.com/ebooks).

- ▶ *Your Brain on Porn*. This e-book will teach you five ways that porn warps your brain, and how to renew it.
- ▶ *Stop the Demand*. This e-book explores the link between porn and sex trafficking.
- ▶ *Protecting Your Family Online*. This e-book helps parents protect their children from the dangers of the Internet (beyond just pornography).

Another very practical online resource is our site [www.theporneffect.com](http://www.theporneffect.com). The Porn Effect exists to make known the destructive nature of porn and to help men, women, and married couples begin taking the steps necessary for freedom and healing.

### 2. PROTECT YOURSELF AND FAMILY

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In 1996, a memo from the U.S Justice Department warned:

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“Never before in the history of telecommunications media in the United States has so much indecent and obscene material been so easily accessible by so many minors in so many American homes with so few restrictions.”

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If that was true in the 90s, how much true is it today? You and I need to be vigilant in protecting ourselves and our families from pornography. One way you can do this is by downloading Covenant Eyes Accountability and Filtering software. Let’s look at each component:

### **FILTERING:**

What if you could block Internet content for your children based on their maturity level? What if you could block porn completely without being forced to use a filter that treats you like a kid? The Covenant Eyes Internet Filter looks at all websites visited in real time and rates them based on age-appropriateness. The person you choose as the Filter Guardian uses these ratings to block content based on six age-based Filter Sensitivity Levels and easily sets which pages are blocked and which are allowed.

If you’re a parent, you can easily adjust the Filter’s sensitivity as their kids grow older, meaning the Filter grows with them.

If you’re an adult, you can have the Filter Guardian set the Filter to block only highly mature websites as an extra layer of protection, and can even ask for override rights.

### **ACCOUNTABILITY:**

What if you could send a report of your Internet activity to a friend or mentor so you could talk about where you struggle online? What if you could see the sites your kids visit, the YouTube videos they watch, and the search terms they use?

Internet Accountability is not about catching someone red-handed. It’s not even a Filter, blocking content outright (though you can use both the Filter and Accountability software at the same time). Instead, Internet Accountability is a report of your Internet activities, designed to start a conversation, helping everyone in your home make wiser choices about Internet use.

If you’re a parent, it means you can have targeted conversations about the sites your kids visit and the search terms they use.

If you’re an adult, it means the temptation to click on inappropriate and pornographic links is reduced.

### 3. FACILITATE CONVERSATIONS WITH OTHERS.

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As someone who was once addicted to pornography and now no longer looks at it, I can testify to just how great it feels to no longer be enslaved to it. But this sense of freedom is too good to keep to myself. This is why I speak to around 100,000 teens and young adults each year about the danger of porn, and how to break free.

Here are three ways that you can begin the conversation.

1. Send the link of this e-book ([www.covenanteyes.com/hardcore-truth](http://www.covenanteyes.com/hardcore-truth)) to everyone you know, especially those who you think might look at pornography. Print off copies of this and other e-books (available at [www.covenanteyes.com/e-books](http://www.covenanteyes.com/e-books)) and put them in your church, office, or wherever else you think they might be seen and read.
2. Take the information found in this e-book and write a blog post about it. Since pornography “immerses all who are involved in the illusion of a fantasy world” (Catechism of the Catholic Church, 2354), it’s important that we do our part to shed the light of truth upon it so that people can begin taking the necessary steps to be free.
3. Finally, one exciting way you can facilitate a conversation with others is by inviting me and Donny Pauling to come and speak at your college campus, Theology on Tap, young adult group, etc. Learn more about it on the next page, and book us at [cvnteyes.co/bookmatt](http://cvnteyes.co/bookmatt)

Yours in the battle,

**MATT FRADD**



## INVITE MATT AND DONNY TO SPEAK

The porn industry promotes the myths that such “entertainment” is healthy, mature, and harmless. Want to dismantle these myths for your church or students? Invite Matt Fradd and former porn producer Donny Pauling to speak with your group. In this lively presentation, Matt and Donny give an insider’s look at the porn industry and the effects on porn on the minds and hearts of its viewers. This compelling exposé changes the hearts and minds of even the most stubborn advocates of porn.

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“Donny and Matt brought a much needed punch-to-the-gut reality check to all porn lovers and consumers at my university. Their testimony based presentation made us confront the countless ugly truths of the porn industry sobering many from their fantasy meat buffet. What a powerful witness! Thanks guys!”

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Book Matt and Donny at [cvnteyes.co/bookmatt](http://cvnteyes.co/bookmatt).

# ENDNOTES

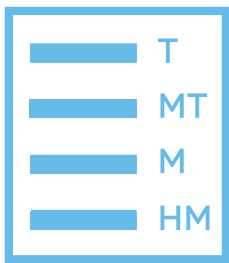
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# BREAK FREE FROM INTERNET PORN

When someone you trust receives a report of the websites you visit, it changes how you use the web. It breaks the anonymity of web use, and reduces the temptation to click on inappropriate links. These reports are designed for the conversation—to talk about where you struggle online and help you find freedom.

## HOW COVENANT EYES WORKS



### ACCOUNTABILITY REPORTS

The websites you visit, the search terms you use, and the YouTube videos you watch... all are listed in an Accountability Report that is designed to start a conversation.



### UNLIMITED PARTNERS

Send Accountability Reports to your spouse, brother, friend, and anyone else at no extra cost. Choose the people that will best suit your needs.



### PANIC BUTTON

Struggling with temptation online? The Panic Button cuts off Internet access until you feel stronger. To reinstate the connection, call our Customer Support team for free assistance.



### OPTIONAL INTERNET FILTERING

Want to block the bad stuff? Our Internet Filter, which uses our age-based content ratings, provides an extra level of protection for kids and adults.

## GET STARTED WITH COVENANT EYES



Start protecting yourself online! The first Internet Accountability username costs \$8.99/mo. Add Filtering for just \$1.50/mo. Learn more and sign up at [www.covenanteyes.com](http://www.covenanteyes.com)

Available for: **Windows®**, **Mac OS®**, **Android™** phones and tablets, **iPhone®**, **iPod touch®**, and **iPad®**

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